As children transition into young adulthood, they should be provided with knowledge to harness modern conveniences (eg, prewashed salad greens) and avoid pitfalls in the marketplace (eg, prepared foods with a high ratio of calories to nutrients) to prepare meals that are quick, nutritious, and tasty,” Lichenstein and Ludwig stated. “It is important to dispel the myths—aggressively promoted by some in the food industry—that cooking takes too much time or skill and that nutritious food cannot also be delicious.”

Family habits and how they’re developed are also addressed. This class is for students who want to expand their knowledge and skills related to the principles of food. Culture affects the eating habits of kids, says Caprio et al. Most children and teenagers share food preferences similar to those of their parents, because the latter have been making food choices for their children since they were born. These dietary choices, however, may be influenced by the availability or affordability of traditional foods and ingredients, thus forcing parents to abandon certain foods and adopt mainstream food instead if necessary. AAP says that kids in particular may choose not to eat traditional foods because that would make them feel different from others. Among children in New Mexico, cooking attitudes did not significantly change, regardless of the intervention group (27). Food preparation skills and cooking confidence were determined in 2 studies on the basis of participants’ reported ability to cut up fruits and vegetables, follow a recipe, and measure ingredients, among several other food preparation actions (24,29). Caraher et al observed a significant increase in cooking confidence scores (on a scale from 1 to 4) among both the intervention and control groups from baseline to follow-up (24). Fulkerson et al compared the food preparation